

STRUBENVALE

PRIMARY SCHOOL

LIFE SKILLS

GRADE 4



INSTRUCTIONS

- > Draw a boarder around the margins**
 - > Write in blue pen**
 - > corrections and drawing are in pencils**
 - > write in your life skills workbook**
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Day1

**Date : _____ Heading: Cultures ans
moral lessons**

Cultural groups in south Africa

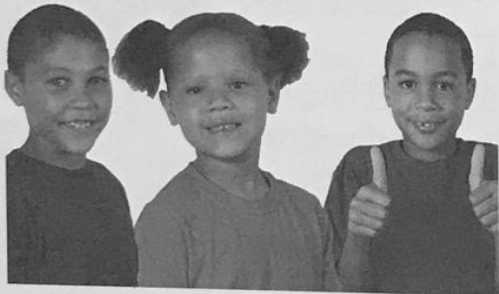
There are many different cultural groups in south Africa. we are often called a rainbow nation because we have so many different races, languages and religions .



Black South Africans belonging to four main cultures: Nguni, Sotho, Shangaan and Venda. Each culture has their own languages and traditions. They mainly belong to the Christian, Islam or African Traditional religions.



White South Africans whose main languages are Afrikaans or English. They mainly belong to the Christian and Jewish religions.



Coloured South Africans who mainly speak Afrikaans as their first language. They mainly belong to the Christian and Islam religions.



Indian South Africans mainly belong to the Christian and Hindu religions.

Day 2

**Date : _____ heading : menus
from different cultures in south africa**

South Africans love eating and enjoy eating many different types of food.

These type of food come from different cultures and reflect the history of our country

Here are some examples

A xhosa meal

Umnqusho is made of samp and sugar beans ,beef stock ,salt and oil.it takes a long time to make but makes a healthy delicious meal

A Muslim meal

A typical Muslim menu is meat and vegetables curry, eaten with roti and rice

A hindu meal

A typical hindu meal is chapatis ,dal, vegatables such as onions , tomatoes , green beans and brinjals and rice .

Hindus are vegetarians so their meals do not have meat

An Afrikaans meal

part of the Afrikaans culture is having braaivleis, which is meat cooked on fire. They eat the meat with salads such as green salad or potatoe salad

A Jewish meal

Jewish people eat special meal on Friday evenings. They first eat challah, which is plaited bread, then have chicken soup with noodles, followed by fish and pumpkin. They do not have milk or meat with the meal.

Day 3

New date _____ Heading: menu
from different cultures

Activity 1: investigate menus in your
culture

1. Ask your parents or grandparents
about traditional food that you eat
and write about it .
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Day 4

New date : __ heading : Morals lessons

Moral lessons are lessons that help us
shape our character or behaviour . we
often find moral lessons in the stories
that we read.

below

The Truth Tree

Once, long ago, a Sotho king had only one child. When the king was very old, he called his daughter, 'My daughter, it is time for you to find a husband.'



So the Princess went out to find a wise woman to ask for her advice. 'My Princess,' the wise woman said, 'look for an honest young man who will always tell the truth.'

So the Princess sent the fastest runners to the furthest corners of the kingdom. Each runner carried this message: 'When the next full moon is big and bright, young men can meet our Princess at her father's Great Place. The Princess wishes to find the right husband.'

Lesedi, a young man who swept the floors at the Great Place, heard the news and made up his mind to attend. The next time the moon was big and bright, Lesedi arrived at the King's Great Place. He found many men waiting to meet the Princess. Then the Princess arrived and spoke to the men. 'Each man will receive a pot, and a seed from a tree. Go home, and plant the seed in the pot. Wait for six months. Then as the first full moon climbs the sky after that, return to the Great Place with your pot. Then I will choose my husband.'

Lesedi took his pot and seed home and planted the seed carefully. He put his pot in a sunny place and watered it a little each day. But nothing happened. No tiny tree appeared. After six months, Lesedi waited sadly for the full moon to climb the sky. He walked slowly to the Great Place, carrying his pot of soil with nothing growing in it. At the Great Place he found all the same men waiting,

each holding a pot and in each pot there was a little tree. Only Lesedi held a pot without a tree. The men laughed and whispered to each other, 'The Princess will never choose Lesedi for her husband, there is not even a little tree in his pot.' Only the old king, the wise woman and Lesedi were silent. Soon the Princess arrived. This time she talked to each man in turn, and she looked carefully at each tree, At last at the end of the long line, the Princess came to Lesedi. Gently, taking his pot from his hand, she held it up for everyone to see.

'This is the man I will marry,' said the Princess. 'Lesedi has proved that he is honest. Before you received the seeds, for a day and a half, this wise woman boiled them in her big black cooking pot. That meant that nothing could grow from the seeds. All the seeds were dead! Lesedi has brought a pot with no tree – this is how I know he is honest!'

Three days later, many people came to the wedding feast. All night long they ate and danced to the beat of drums. The young Princess fell in love with Lesedi and he fell in love with her. For Lesedi, even though the other men laughed at him at first, he was glad he had been honest.

Activity 2 : think about the story

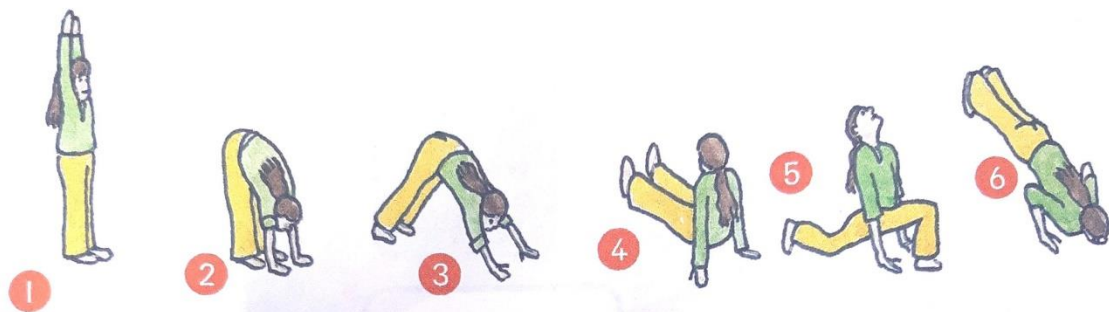
1. What kind of man did the wise old women advise the princess to look?
2. Why do you think Lesedi didn't plant another tree in his pot?
3. How do you think Lesedi felt when the other men laughed at him ?
4. How did the princess know that Lesedi was an honest man ?
5. Do you think it is always good to be honest ? give a reason for your answer ?

Day 5

New date _____ heading : Rhythmic movements

Posture and Rhythmic stretches

Do the following stretches for physical education



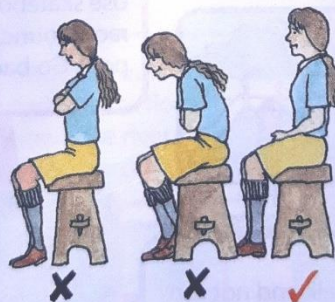
Practise holding each of these positions separately for five seconds. Link all the positions into one long movement stretch. Start with Position 1 and finish with Position 6.

A good posture is referred to as a poised posture. Your head sits on top of your spine, and all parts of the body are aligned directly down the spine and through to the floor.

You should always practise good posture.



Ask a classmate to check your body alignment when you are standing.



Use the same principles when you are sitting at your desk.



These rules also apply when you are walking.